

TAI CHI

continues!

Tai Chi is a Chinese martial art form known as “moving meditation”. In these classes you will begin to learn the origins of movement through the Tai Chi slow set (a sequential series of postures or forms). Focused breathing and the healing practices of Chi Kung (Qigong, pronounced “chee-gong”) will be a part of the warm-ups and cool downs. We hope that you will come, relax, enjoy and have fun in the Chinese tradition.

Mondays and Fridays

8:30 am - 9:20 am

March 15 - May 7

Instructor: Cindy Markart

Member Costs:

DROP-IN \$8.00

8 class pass \$40.00

16 class pass \$75.00

Non-Member Costs:

DROP-IN \$12.00

8 class pass \$64.00

16 class pass \$120.00